

**UNIVERSITY OF EDUCATION, WINNEBA**  
**FACULTY OF SCIENCE**  
**DEPARTMENT OF HOME ECONOMICS EDUCATION**

**COURSE TITLE : INTRODUCTION TO FOODS AND NUTRITION**  
**COURSE CODE : HEC 111**  
**CREDIT : 2**  
**SEMESTER : ONE 2004/2005**  
**LECTURER : MS. KUTUM COMFORT MADAH**

**COURSE OUTLINE**

**OBJECTIVES :** By the end of the course Students should be able to:

- evaluate the food they eat in terms of their nutrient content and aesthetic value.
- select and purchase foods which will help nourish their bodies.
- recognize eating disorders and find ways of solving them.
- use the right cooking methods to prepare meals for their families.

<b>WEEK</b>	<b>CONTENT/TOPIC</b>
1	What food is, what nutrition is, reasons why we eat
2 & 3	Food groups <ul style="list-style-type: none"><li>➤ The six food groups</li><li>➤ Three (3) functional groups</li></ul>
4	Nutrients – carbohydrate
5	Nutrients – proteins
6	Nutrients – minerals and vitamins
7	Fats and oils and water
8	Methods of heat transfer reasons why we cook food
9 & 10	Moist methods of cooking
11 & 12	Dry methods of cooking
13 & 14	Kitchen equipment and kitchen layout

**REFERENCES**

1. Food Science – Nutrition and Health Fax and Camaron
2. Nutrition and physical Fitness by Bogert, Briggs and CAloway
3. Nutrition – Whitley and Sizer
4. Essentials of nutrition and diet therapy – S. R. Williams
5. Cookery for Schools – Melita Neal
6. Food and Nutrition - Anita Tull
7. Cooking explained by Jill Davies